ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEMBE39220)
- the NAME of the product (WEIDER® 9000 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

WEIDER is a registered trademark of ICON Health & Fitness, Inc.

Part No. 185885 R0802A

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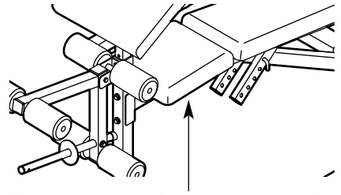
WEIDER® 9000

Model No. WEEMBE39220
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

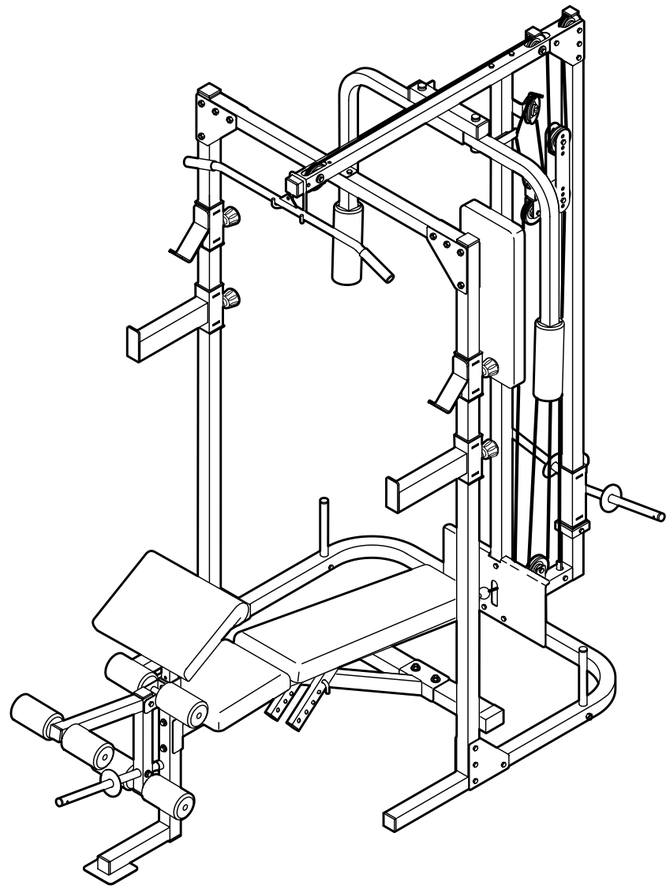
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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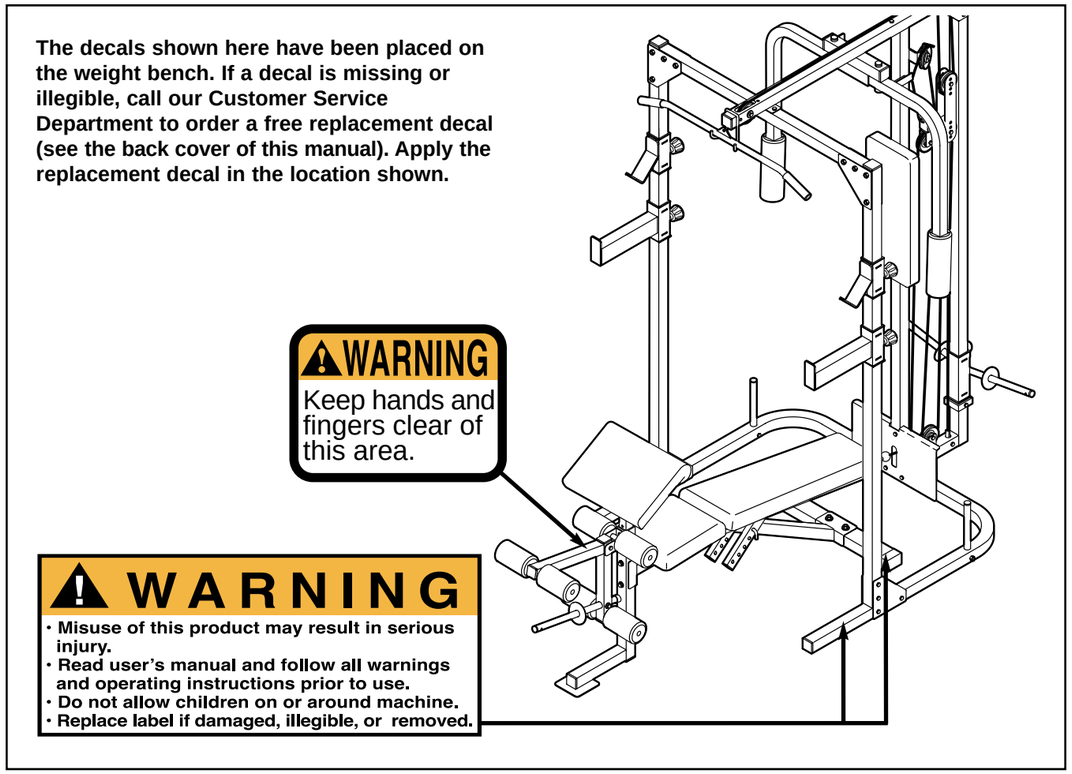
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the centre of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a decal is missing or illegible, call our Customer Service Department to order a free replacement decal (see the back cover of this manual). Apply the replacement decal in the location shown.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

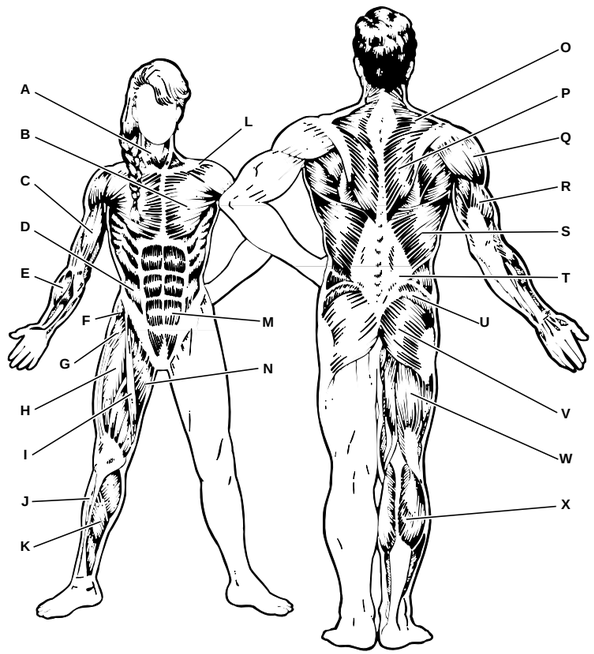
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:
- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:
- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasising areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 23 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
5. **Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight bench at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection whilst exercising.**
9. **Always move the bench out of the way when performing squat exercises. Always disconnect the lat bar from the high pulley station when performing an exercise that does not require it.**
10. **Always set both weight rests and both safety spotters at the same height.**
11. **The weight bench is designed to support a maximum user weight of 115 kg (250 lbs.).**
12. **Do not place more than 136 kg (300 lbs.), including the barbell, on the weight rests. Do not place more than 68 kg (150 lbs.) on the weight carriage or leg lever. Note: The weight bench is designed to be used with an Olympic barbell, and standard or Olympic weights. The weight bench does not include a barbell or weights.**
13. **Always place an equal amount of weight on each side of the weight carriage or barbell.**
14. **Always secure the weights with the weight pins when they are mounted on the weight carriage.**
15. **Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.**
16. **Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.**
17. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**

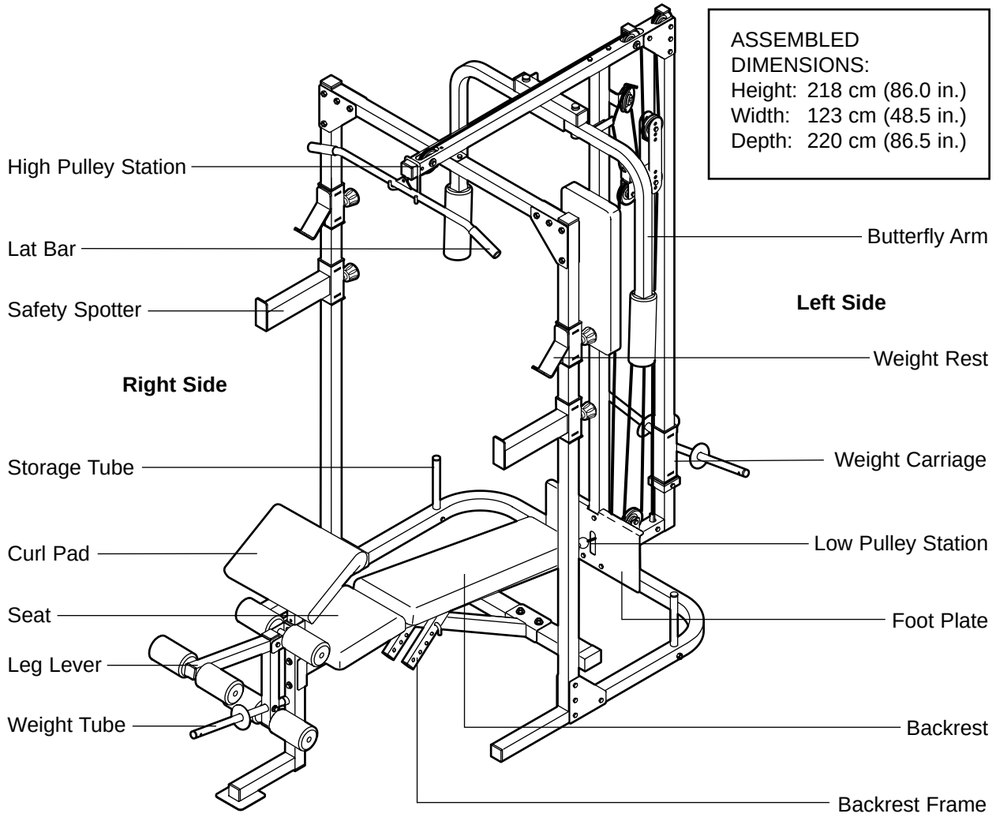
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 9000 weight bench. The WEIDER® 9000 weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 9000 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEMBE39220. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



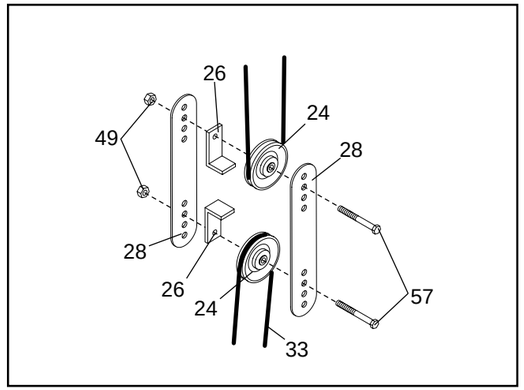
Note: The terms “right side” and “left side” are determined relative to a person sitting on the bench; they do not correspond to right and left on the drawings in the manual.

TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

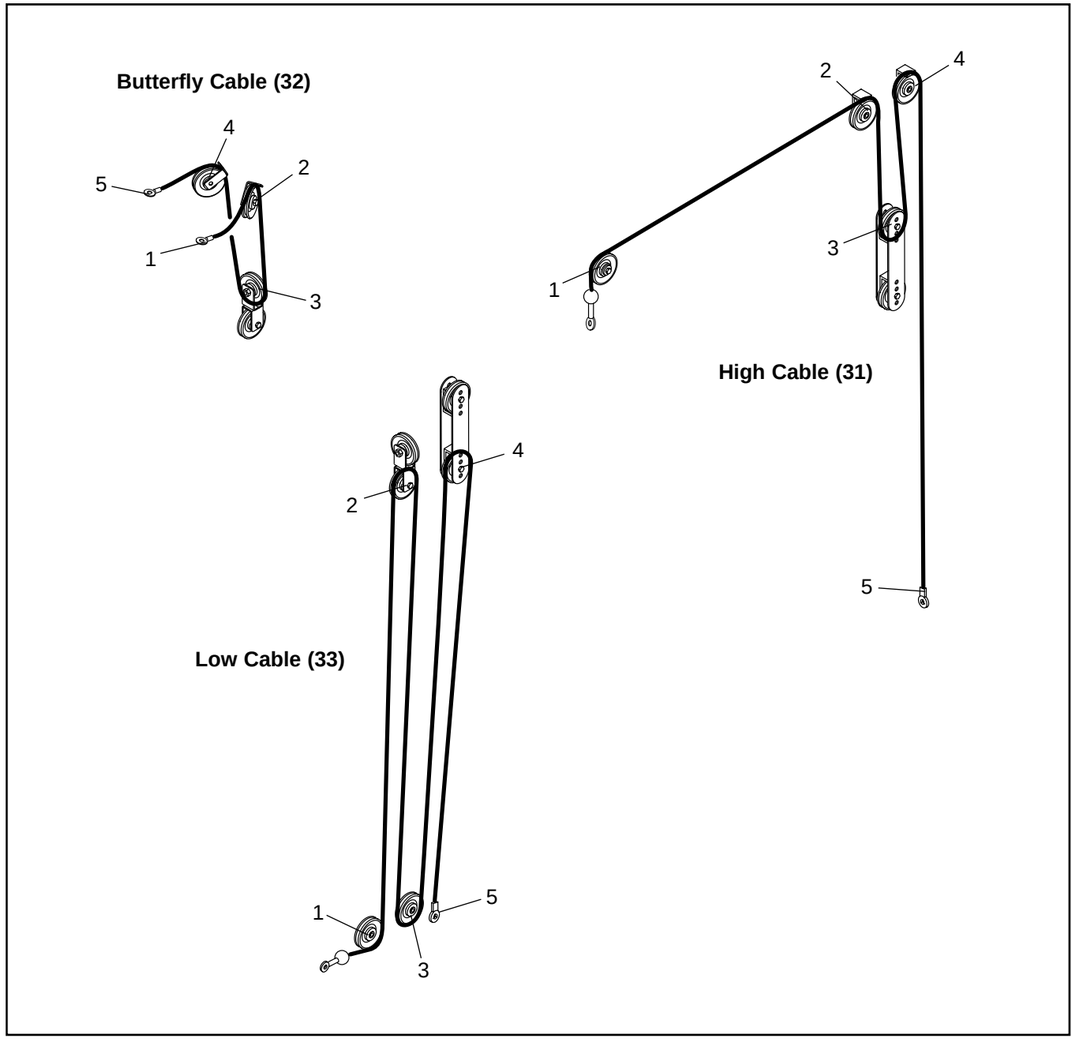
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If the cables need to be tightened, remove the M10 Nylon Locknut (49) and the M10 x 45mm Bolt (57) from the lower ends of the Pulley Plates (28). Reattach the 90mm Pulley (24) and the Cable Trap (26) to the next higher set of holes in the Pulley Plates. Make sure the Cable Trap holds the Low Cable (33) in the groove of the Pulley. The upper 90mm Pulley can be moved down in the same manner. Continue to move the lower Pulley up, or the upper Pulley down, until the Cable is tight. **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the High Cable (31), the Butterfly Cable (32), and the Low Cable (33). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight bench will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the PART IDENTIFICATION CHART in the centre of this manual.**

The following tools (not included) are required for assembly:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet spanners.

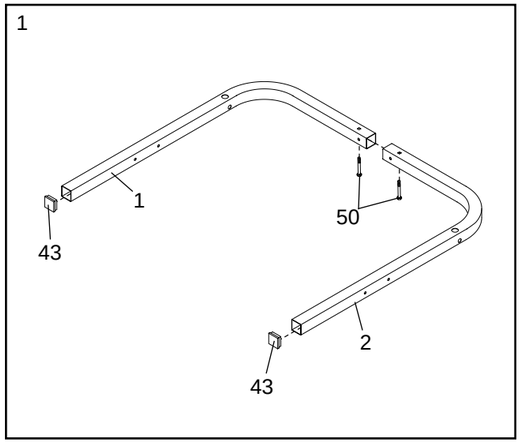
Rack Assembly

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 50mm Square Inner Cap (43) into the end of the Right Base (1).

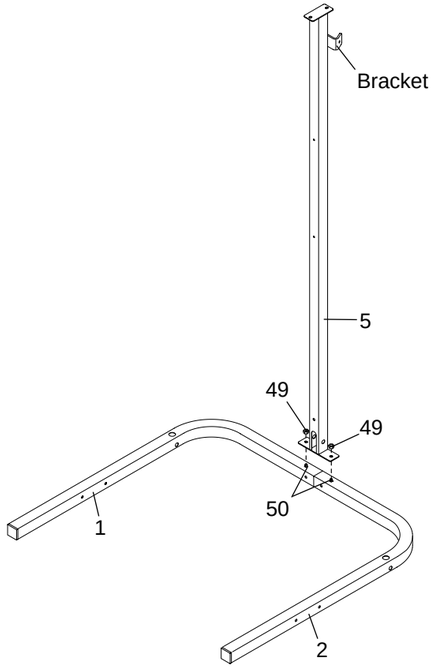
Insert an M10 x 60mm Carriage Bolt (50) up through the bottom of the Right Base (1). Lay the Base on the floor.

Repeat this step with the Left Base (2).



2. Slide the Centre Upright (5) onto the M10 x 60mm Carriage Bolts (50) in the Right and Left Bases (1, 2). **Make sure that the Centre Upright is turned so the indicated bracket is on the side shown.** Hand tighten two M10 Nylon Locknuts (49) onto the Bolts. **Do not tighten the Nylon Locknuts yet.**

2

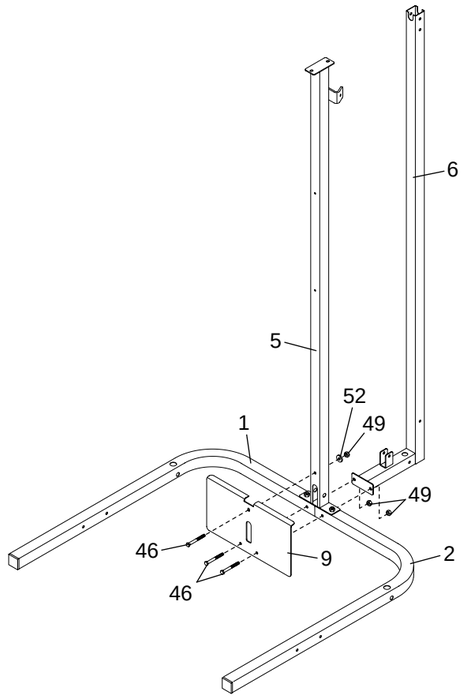


3. Attach the Foot Plate (9) and the Rear Upright (6) to the Right and Left Bases (1, 2) with two M10 x 68mm Bolts (46) and two M10 Nylon Locknuts (49).

   Attach the Foot Plate (9) to the Centre Upright (5) with an M10 x 68mm Bolt (46), an M10 Washer (52), and an M10 Nylon Locknut (49).

   Do not tighten the M10 Nylon Locknuts (49) yet.

3



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each weight station. The column labeled “WEIGHT” refers to the amount of weight, in pounds, placed on the weight carriage. The weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to friction between the cables, pulleys, and weight carriage.**

WEIGHT (lbs.)	BUTTERFLY ARM (lbs.)	LOW PULLEY (lbs.)	HIGH PULLEY (lbs.)
10	9	21	21
20	13	32	32
30	17	44	44
40	20	55	55
50	24	67	67
60	28	78	78
70	31	90	90
80	35	101	101
90	38	113	113
100	42	120	120
110	46	132	132
120	49	142	142
130	53	154	154
140	57	164	164
150	61	176	176

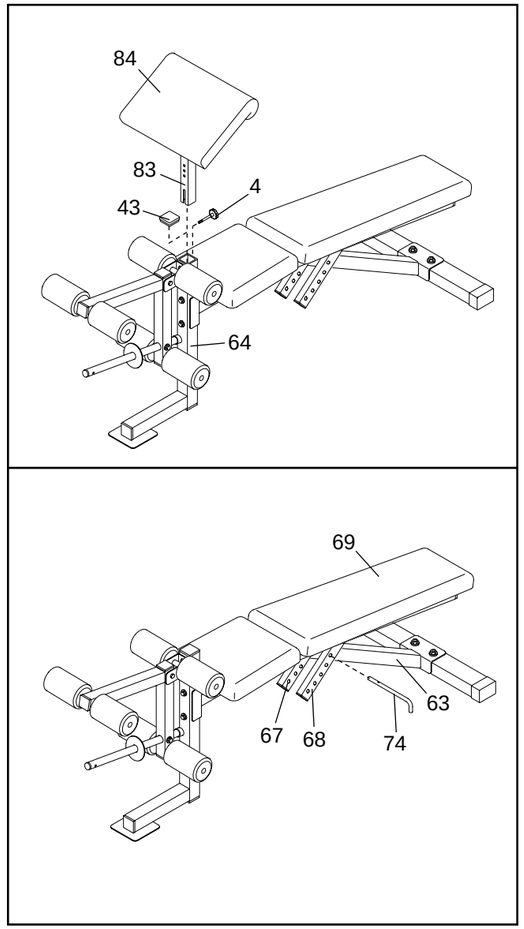
Note: 1 lb. = .454 kg

USING THE CURL PAD

Remove the 50mm Square Inner Cap (43) from the Front Leg (64).

Align a hole in the Curl Post (83) with the hole in the Front Leg (64). Secure the Curl Post with the Curl Knob (4). **Be sure the Knob is fully tightened.**

Note: When not using the Curl Pad (84), store it away from the weight bench.



ADJUSTING THE BACKREST

The Bench Backrest (69) can be used in a decline position, a level position, or either of two incline positions. To adjust the Backrest to the decline position, remove the Bench Pin (74) and insert it through the top set of holes in the Backrest Frames (67, 68) and the Bench Frame (63).

To adjust the Bench Backrest (69) to the level position, insert the Bench Pin (74) through the second set of holes from the top of the Backrest Frames (67, 68) and the Bench Frame (63).

To adjust the Bench Backrest (69) to an incline position, insert the Bench Pin (74) through one of the lower two sets of holes in the Backrest Frames (67, 68) and the Bench Frame (63).

⚠WARNING: When adjusting the position of the Bench Backrest (69), make sure that the Bench Pin (74) is fully inserted through both Backrest Frames (67, 68) and the hole in the Bench Frame (63).

4. Attach one of the Uprights (3) to the Right Base (1) with four M10 x 68mm Bolts (46), two Support Plates (14), and four M10 Nylon Locknuts (49). **Do not tighten the Nylon Locknuts yet.**

   Repeat this step with the other Upright (not shown) and the Left Base (not shown).

5. Press a 50mm Square Inner Cap (43) into the top of the right Upright (3).

   Slide a Safety Spotter (15) onto the right Upright (3) and engage the Knob (17) into the lowest adjustment hole in the Upright. Turn the Knob clockwise until it is tight.

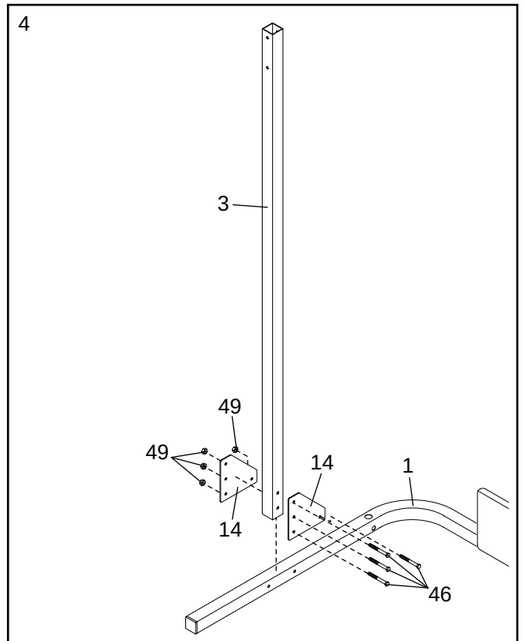
   Slide a Weight Rest (16) onto the right Upright (3) and engage the Knob (17) into an adjustment hole in the Upright. Turn the Knob clockwise until it is tight.

   Repeat this step with the left Upright (not shown).

6. Attach the Crossbar (7), with the decal on the side shown, to the right Upright (3) with four M10 x 68mm Bolts (46), two Support Plates (14), and four M10 Nylon Locknuts (49). **Do not tighten the Nylon Locknuts yet.**

   Attach the Crossbar (7) to the left Upright (not shown) in the same manner.

4



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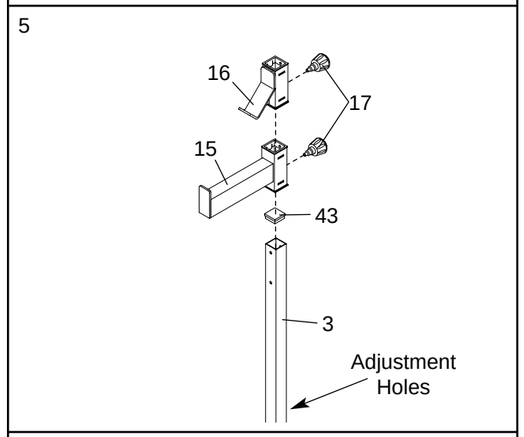

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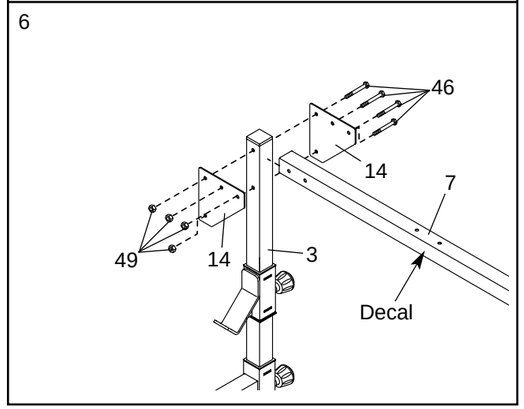


7. Slide the Carriage Stop (19) onto the Rear Upright (6). **Make sure that the Carriage Stop is oriented so the Carriage Stop Bushing (20) and the indicated hole are in the positions shown.** Attach the Carriage Stop to the hole near the bottom of the Rear Upright with an M8 x 70mm Bolt (58) and an M8 Nylon Locknut (48).

   Press two 25mm Round Inner Caps (45) into the tube on the Weight Carriage (10). Insert an M10 x 19mm Bolt (61) into the bracket on the Weight Carriage. Slide the Weight Carriage onto the Rear Upright (6). **Be sure the bracket is on the side shown.**

8. Press three 50mm Square Inner Caps (43) into the indicated ends of the Top Frame (8).

9. Attach the Top Frame (8) to the Crossbar (7) with two M10 x 68mm Bolts (46), two M10 Washers (52), and two M10 Nylon Locknuts (49).

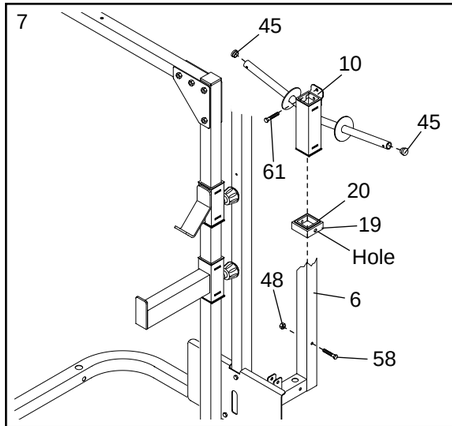
   Attach the Top Frame (8) to the Centre Upright (5) with two M10 x 68mm Bolts (46), two M10 Washers (52) and two M10 Nylon Locknuts (49).

   Do not tighten the M10 Nylon Locknuts (49) yet.

10. Attach the Top Frame (8) to the Rear Upright (6) with three M10 x 68mm Bolts (46), two Support Plates (14), and three M10 Nylon Locknuts (49).

    Tighten the M10 Nylon Locknuts (49) used in steps 2–10.

7



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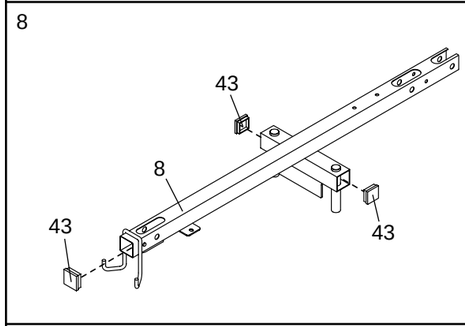

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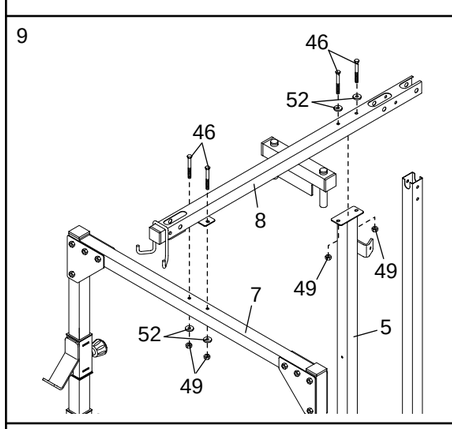
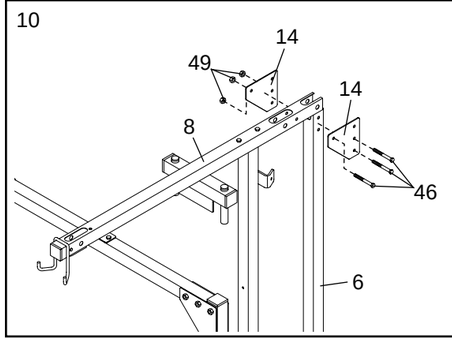


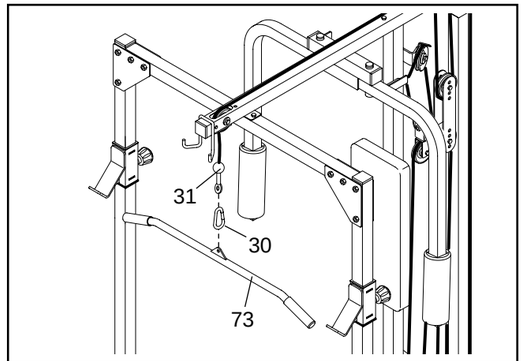
10



ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high or low pulley station, attach the Lat Bar (73) to the High Cable (31) or the Low Cable (not shown) using a Cable Clip (30). The Row Bar (not shown) can be attached in the same manner.

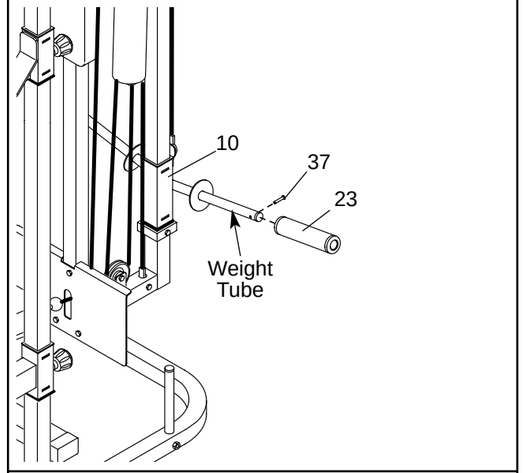
⚠ WARNING: Always remove the Lat Bar (73) when performing an exercise that does not require the use of the Lat Bar.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the Weight Carriage (10), slide the desired amount of weight (not included) onto each side of the weight tube on the Weight Carriage. Secure the weight with the two Weight Pins (37).

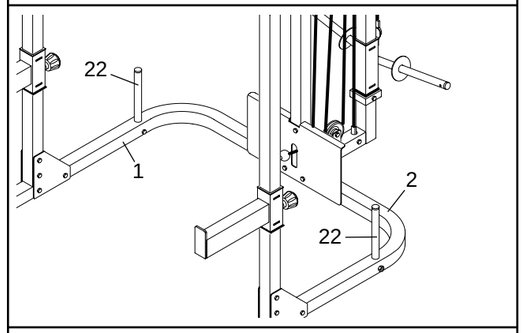
⚠ WARNING: Do not place more than 68 kg (150 lbs.) on the Weight Carriage (10). Always place the same amount of weight on each side of the Weight Carriage.



To use Olympic weights, press two Adapter Bushings (44) into the ends of each Weight Adapter (23). Slide a Weight Adapter onto each side of the weight tube on the Weight Carriage (10).

STORING WEIGHTS

To store weights, slide them onto the Storage Tubes (22) on the Right and Left Bases (1, 2).

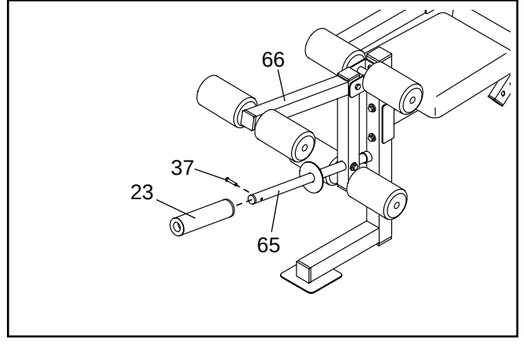


ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (66), slide the desired amount of weight (not included) onto the Weight Tube (65) and secure it with the Weight Pin (37).

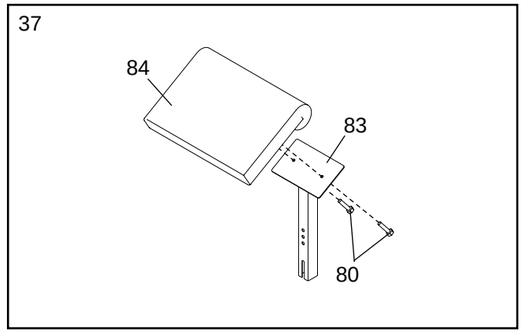
To use Olympic weights, slide the Weight Adapter (23) onto the Weight Tube (65).

⚠ WARNING: Do not place more than 68 kg (150 lbs.) on the Weight Tube (65).



37. Attach the Curl Pad (84) to the Curl Post (83) with two M6 x 16mm Bolts (80).

38. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, below.



ADJUSTMENTS

This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 22 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

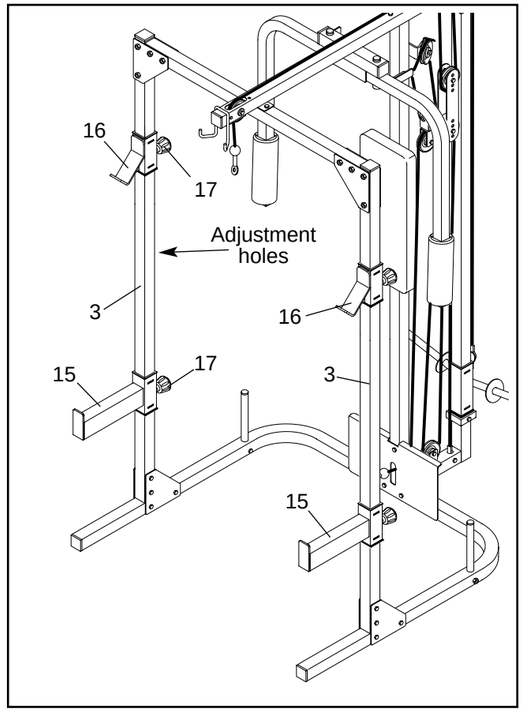
Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE WEIGHT RESTS AND SAFETY SPOTTERS

Before beginning an exercise, move the Weight Rests (16) and the Safety Spotters (15) to sets of holes in the Uprights (3) that are best suited for that exercise. Turn the Knob (17) counterclockwise, and pull it out as far as it will go. Slide the Weight Rest or Safety Spotter to the desired height. Engage the Knob into an adjustment hole in the Upright. Turn the Knob clockwise until it is tight.

The selected holes for the Safety Spotters (15) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (16) should be at a comfortable height for lifting and replacing the barbell.

⚠ WARNING: Always set both Weight Rests (16) and both Safety Spotters (15) at the same height.



11. Identify the Right and Left Butterfly Arms (11, 12) by noting the positions of the welded brackets.

    Press two 45mm Square Inner Caps (42) into the ends of the Left Butterfly Arm (12). Wet the bottom end of the Butterfly Arm with soapy water. Slide a Large Foam Pad (18) onto the end of the Butterfly Arm.

    Lubricate the axles on the Top Frame (8) with grease. Orient the Left Butterfly Arm (12) as shown and slide it onto the left axle so that it is behind the bracket on the Top Frame. Have a second person secure the Butterfly Arm with two 1" Retainers (35) and a 1" Cover Cap (36). **Note: Place the Retainers on top of the included retainer tool, as shown in the inset drawing. Make sure the teeth on the Retainers bend toward the tool. Gently tap the tool onto the axle. Remove the tool, and tap the Cover Cap onto the axle.**

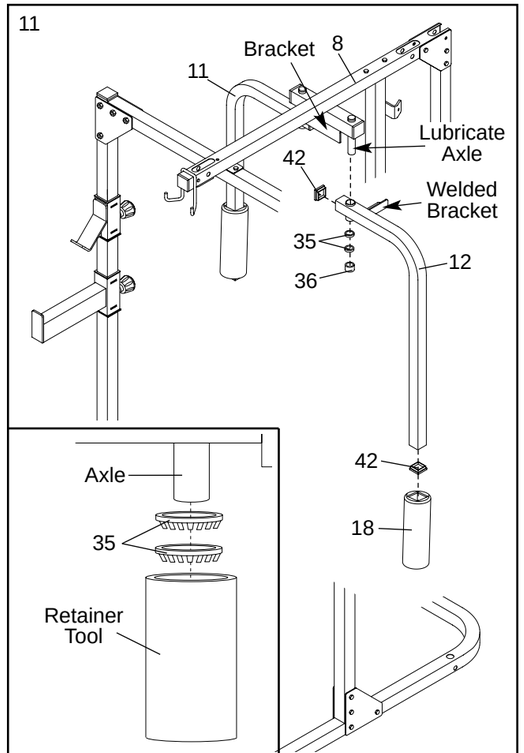
    Repeat this step with the Right Butterfly Arm (11).

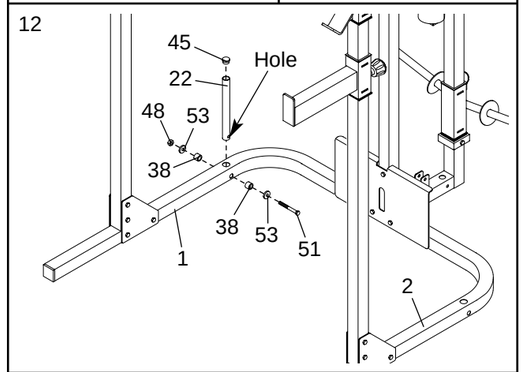
12. Press a 25mm Round Inner Cap (45) into the upper end of a Storage Tube (22), as shown.

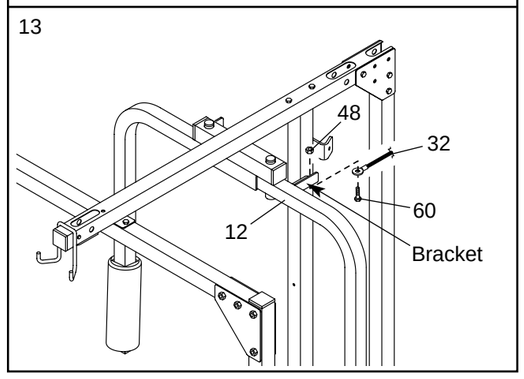
    Attach the Storage Tube (22) inside the hole in the Right Base (1) with an M8 x 65mm Bolt (51), two M8 Washers (53), two 13mm x 12mm Spacers (38), and an M8 Nylon Locknut (48).

    Repeat this step with the other Storage Tube (not shown) and the Left Base (2).

13. **Identify the Butterfly Cable (32), which has an eyelet on each end.** Attach one end of the Cable to the bracket on the Left Butterfly Arm (12) with an M8 x 22mm Shoulder Bolt (60) and an M8 Nylon Locknut (48).

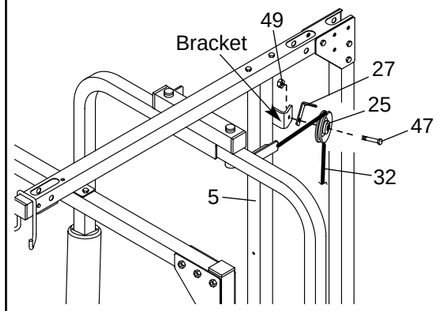






14. Wrap the Butterfly Cable (32) around a “V”-Pulley (25). Attach the Pulley and a Large Cable Trap (27) to the bracket on the Centre Upright (5) with an M10 x 60mm Bolt (47) and an M10 Nylon Locknut (49).

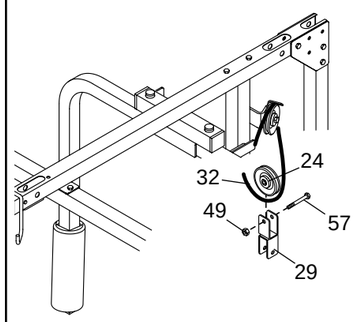
14



15. Remove the 90mm Pulleys (24) from the pre-assembled Double “U”-Bracket (29).

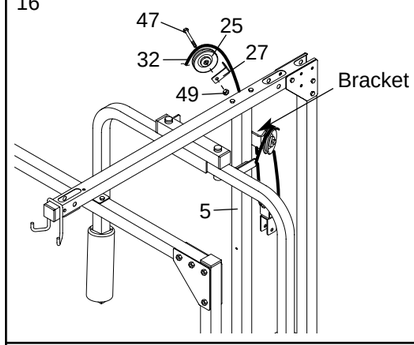
    Wrap the Butterfly Cable (32) under a 90mm Pulley (24). Attach the Pulley to the Double “U”-Bracket with an M10 x 45mm Bolt (57) and an M10 Nylon Locknut (49).

15



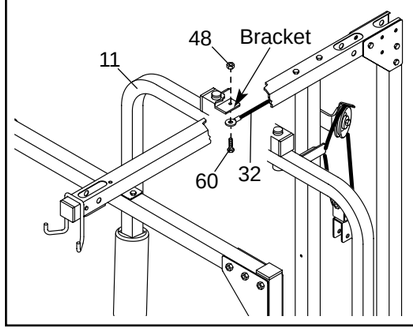
16. Wrap the Butterfly Cable (32) around a “V”-Pulley (25). Attach the Pulley and a Large Cable Trap (27) to the bracket on the Centre Upright (5) with an M10 x 60mm Bolt (47) and an M10 Nylon Locknut (49).

16



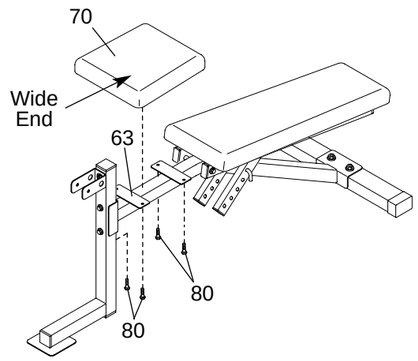
17. Attach the Butterfly Cable (32) to the bracket on the Right Butterfly Arm (11) with an M8 x 22mm Shoulder Bolt (60) and an M8 Nylon Locknut (48).

17



33. Orient the Seat (70) with the wide end on the side shown. Attach the Seat to the Bench Frame (63) with four M6 x 16mm Bolts (80).

33

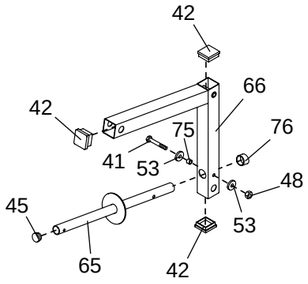


34. Press three 45mm Square Inner Caps (42) into the Leg Lever (66).

    Attach the Weight Tube (65) to the Leg Lever (66) with an M8 x 58mm Bolt (41), two M8 Washers (53), a 13mm x 10mm Spacer (75), and an M8 Nylon Locknut (48).

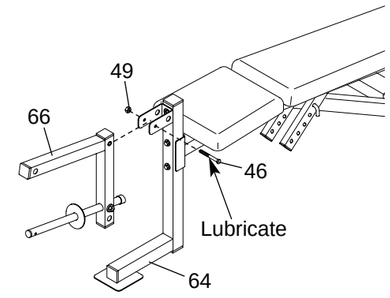
    Press a 25mm Round Inner Cap (45) into the indicated end of the Weight Tube (65). Press the 25mm Round Angle Cap (76) onto the other end of the Weight Tube.

34



35. Lubricate the M10 x 68mm Bolt (46) with grease. Attach the Leg Lever (66) to the Front Leg (64) with the Bolt and M10 Nylon Locknut (49).

35

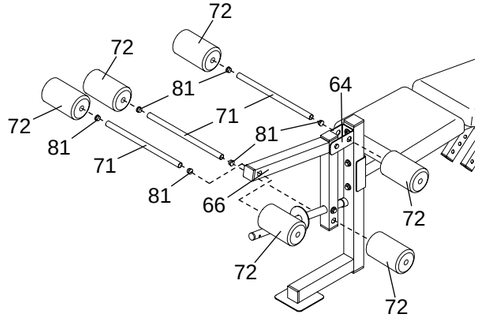


36. Press the six 19mm Round Inner Caps (81) into the ends of the three Pad Tubes (71).

    Slide a Pad Tube (71) into the hole in the Front Leg (64). Slide two Foam Pads (72) onto the ends of the Pad Tube.

    Slide the other two Pad Tubes (71) into the holes in the Leg Lever (66). Slide two Foam Pads (72) onto each Pad Tube.

36



Bench Assembly

29. Press two 51mm x 76mm Outer Caps (79) onto the Stabiliser (62). Attach the Stabiliser to the Bench Frame (63) with two M10 x 60mm Carriage Bolts (50) and two M10 Nylon Locknuts (49).

30. Press three 50mm Square Inner Caps (43) into the Front Leg (64).

    Attach the Front Leg (64) to the Bench Frame (63) with two M10 x 65mm Bolts (54), two M10 Washers (52), and two M10 Nylon Locknuts (49).

31. Orient the Right and Left Backrest Frames (67, 68) as shown. Press six 25mm x 50mm Inner Caps (82) into the Backrest Frames.

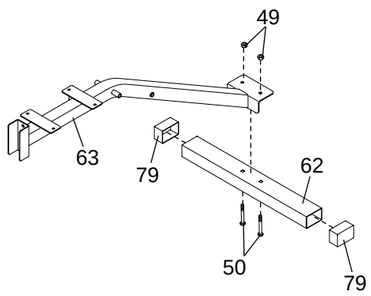
    Orient the Bench Backrest (69) with the wide end on the side shown. Attach the Backrest to the Backrest Frames (67, 68) with four M6 x 63mm Bolts (56) and four M6 Washers (59). **Do not tighten the Bolts yet.**

32. Lubricate the M10 x 180mm Bolt (78) with grease. Attach the Backrest Frames (67, 68) to the Bench Frame (63) with the Bolt, two M10 Washers (52), and an M10 Nylon Locknut (49).

    Insert the Bench Pin (74) through a set of holes in the adjustment tubes on the Backrest Frames (67, 68) and the indicated hole in the Bench Frame (63).

    Tighten the M6 x 63mm Bolts (56) used in step 31.

29



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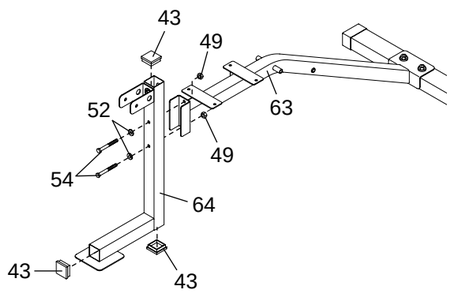
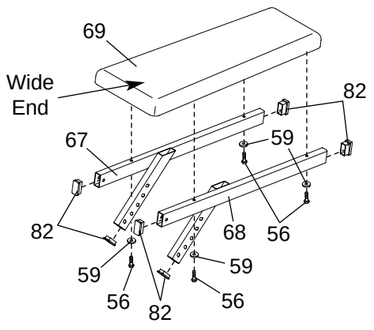
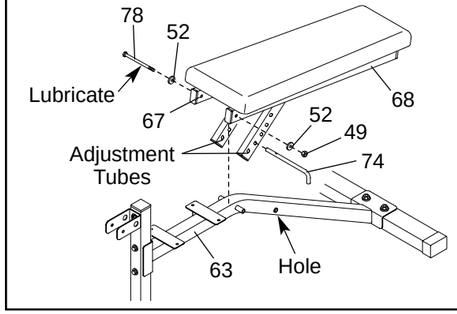


31



32



18. **Identify the High Cable (31), which is the shorter of the two remaining cables.** Route the eyelet end of the Cable up through the indicated hole in the Top Frame (8).

    Wrap the High Cable (31) around a 90mm Pulley (24). Attach the Pulley inside of the Top Frame (8) with an M10 x 65mm Bolt (54), two 15mm x 13mm Spacers (39), two M10 Washers (52), and an M10 Nylon Locknut (49).

19. Route the High Cable (31) down through the indicated hole in the Top Frame (8).

    Wrap the High Cable (31) around a 90mm Pulley (24). Attach the Pulley and a Cable Trap (26) inside of the Top Frame (8) with an M10 x 65mm Bolt (54), a 15mm x 13mm Spacer (39), a 15mm x 10mm Spacer (40), two M10 Washers (52), and an M10 Nylon Locknut (49).

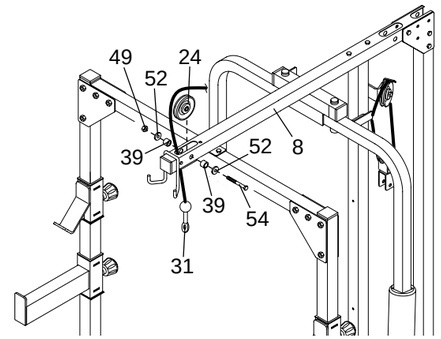
20. Remove the 90mm Pulleys (24) from the pre-assembled Pulley Plates (28).

    Wrap the High Cable (31) under a 90mm Pulley (24). Attach the Pulley and a Cable Trap (26) to the second hole from the top of the two Pulley Plates (28) with an M10 x 45mm Bolt (57) and an M10 Nylon Locknut (49).

21. Route the High Cable (31) up through the indicated hole in the Top Frame (8).

    Wrap the High Cable (31) around a 90mm Pulley (24). Attach the Pulley, a Cable Trap (26), a 15mm x 8mm Spacer (55), and a 15mm x 10mm Spacer (40) to the Top Frame (8) with an M10 x 68mm Bolt (46), the two attached Support Plates (14), and an M10 Nylon Locknut (49). **Do not overtighten the Bolt; the pulley must be able to pivot easily.**

18



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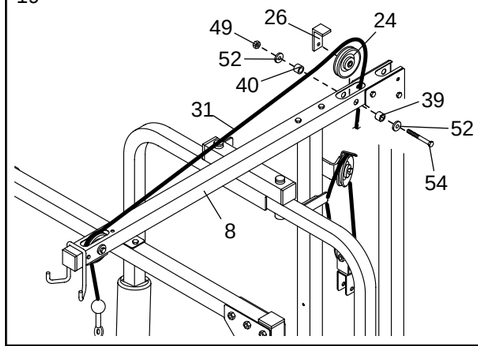

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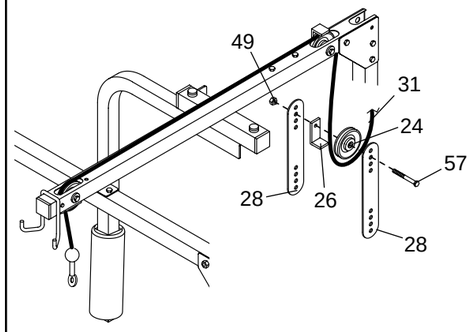

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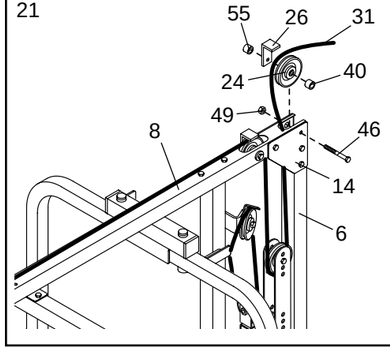
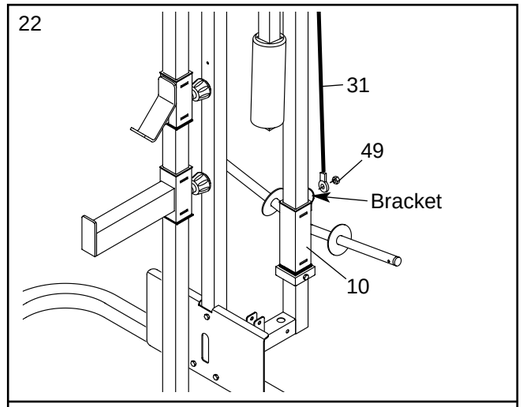
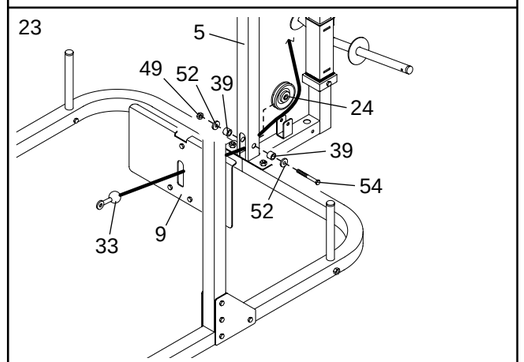


22. Attach the High Cable (31) to the M10 x 19mm Bolt (not shown) in the bracket on the Weight Carriage (10) with an M10 Nylon Locknut (49).

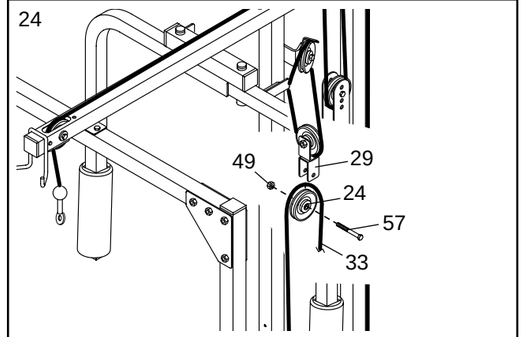


23. Locate the Low Cable (33). Route the eyelet end of the Cable through the hole in the Foot Plate (9) and through the Centre Upright (5).

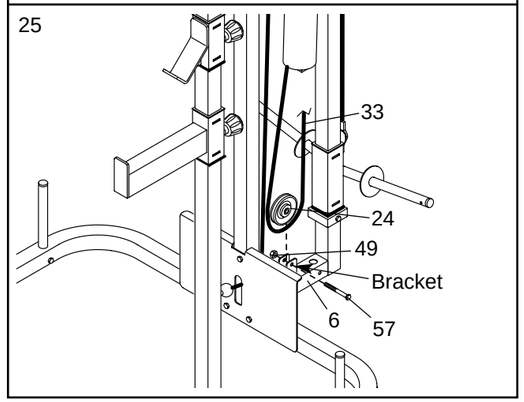
    Wrap the Low Cable (33) under a 90mm Pulley (24). Attach the Pulley inside of the Centre Upright (5) with an M10 x 65mm Bolt (54), two M10 Washers (52), two 15mm x 13mm Spacers (39), and an M10 Nylon Locknut (49).



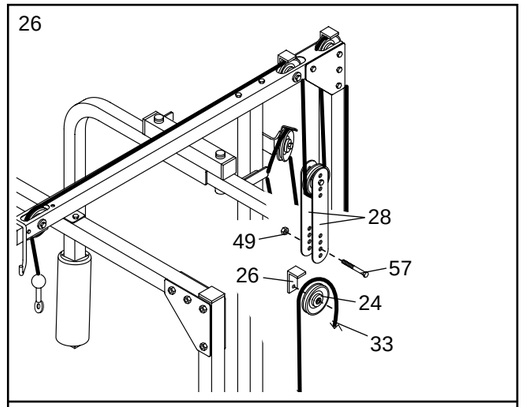
24. Wrap the Low Cable (33) around a 90mm Pulley (24). Attach the Pulley to the bottom of the Double “U”-Bracket (29) with an M10 x 45mm Bolt (57) and an M10 Nylon Locknut (49).



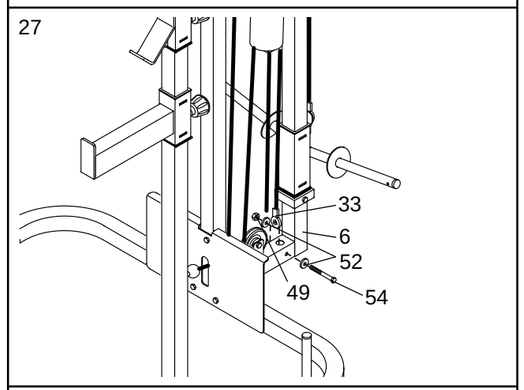
25. Wrap the Low Cable (33) under a 90mm Pulley (24). Attach the Pulley to the bracket on the Rear Upright (6) with an M10 x 45mm Bolt (57) and an M10 Nylon Locknut (49).



26. Wrap the Low Cable (33) around a 90mm Pulley (24). Attach the Pulley and a Cable Trap (26) to the second hole from the bottom of the two Pulley Plates (28) with an M10 x 45mm Bolt (57) and an M10 Nylon Locknut (49).

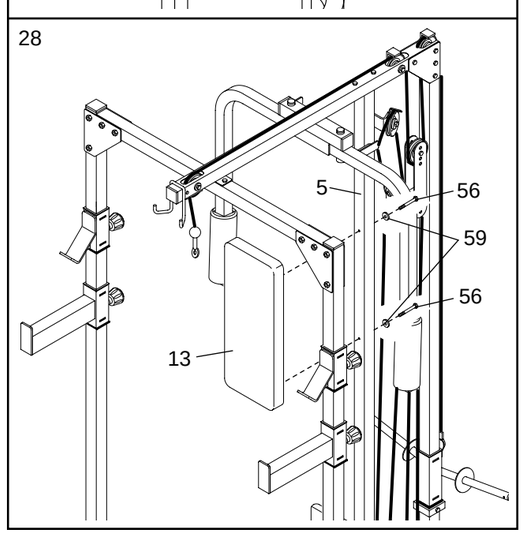


27. Attach the end of the Low Cable (33) inside the hole in the Rear Upright (6) with an M10 x 65mm Bolt (54), two M10 Washers (52) and an M10 Nylon Locknut (49).

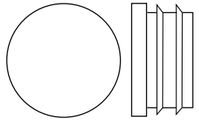


28. Attach the Backrest (13) to the Centre Upright (5) with two M6 x 63mm Bolts (56) and two M6 Washers (59).

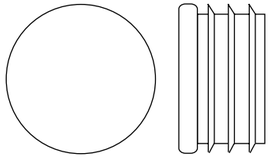
Before using the weight rack, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 20 for proper cable routing. If there is any slack in the cables, they will need to be tightened; see TROUBLESHOOTING AND MAINTENANCE on page 21.**



51mm x 76mm Outer Cap (79)

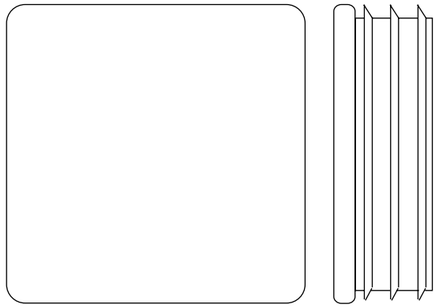


19mm Round Inner Cap (81)

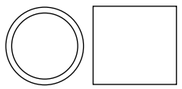


25mm Round Inner Cap (45)

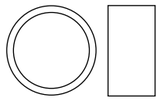
25mm x 50mm Inner Cap (82)



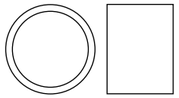
50mm Square Inner Cap (43)



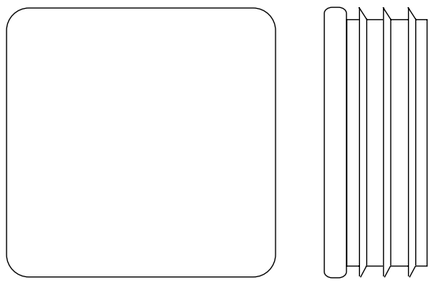
13mm x 12mm Spacer (38)



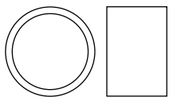
15mm x 8mm Spacer (55)



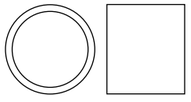
13mm x 10mm Spacer (75)



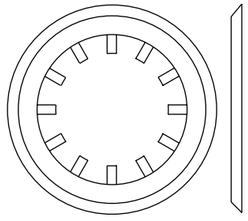
45mm Square Inner Cap (42)



15mm x 13mm Spacer (39)



15mm x 10mm Spacer (40)

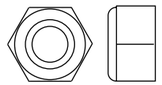


1” Retainer (35)

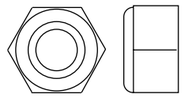
M10 x 180mm Bolt (78)

PART IDENTIFICATION CHART

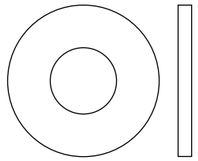
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the centre of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



M8 Nylon Locknut (48)

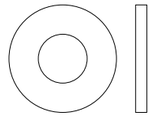


M10 Nylon Locknut (49)

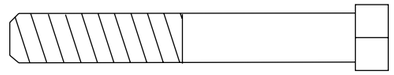


M10 Washer (52)

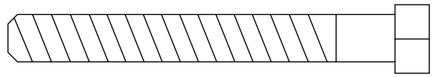
M6 Washer (59)



M8 Washer (53)

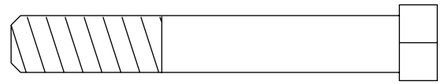


M8 x 58mm Bolt (41)

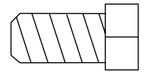


M8 x 70mm Bolt (58)

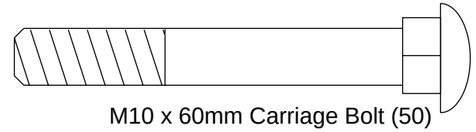
M10 x 68mm Bolt (46)



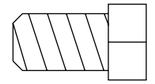
M10 x 65mm Bolt (54)



M6 x 16mm Bolt (80)

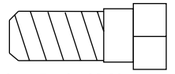


M10 x 60mm Carriage Bolt (50)



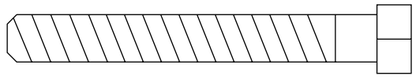
M10 x 19mm Bolt (61)

M8 x 65mm Bolt (51)

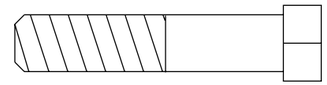


M8 x 22mm Shoulder Bolt (60)

M10 x 60mm Bolt (47)



M6 x 63mm Bolt (56)



M10 x 45mm Bolt (57)

PART LIST—Model No. WEEMBE39220

R0802A

Key No.	Qty.	Description
1	1	Right Base
2	1	Left Base
3	2	Upright
4	1	Curl Knob
5	1	Centre Upright
6	1	Rear Upright
7	1	Crossbar
8	1	Top Frame
9	1	Foot Plate
10	1	Weight Carriage
11	1	Right Butterfly Arm
12	1	Left Butterfly Arm
13	1	Backrest
14	10	Support Plate
15	2	Safety Spotter
16	2	Weight Rest
17	4	Knob
18	2	Large Foam Pad
19	1	Carriage Stop
20	1	Carriage Stop Bushing
21	10	Carriage Bushing
22	2	Storage Tube
23	3	Weight Adapter
24	9	90mm Pulley
25	2	“V”-Pulley
26	4	Cable Trap
27	2	Large Cable Trap
28	2	Pulley Plate
29	1	Double “U”-Bracket
30	2	Cable Clip
31	1	High Cable
32	1	Butterfly Cable
33	1	Low Cable
34	2	Butterfly Bushing
35	4	1” Retainer
36	2	1” Cover Cap
37	3	Weight Pin
38	4	13mm x 12mm Spacer
39	5	15mm x 13mm Spacer
40	2	15mm x 10mm Spacer
41	1	M8 x 58mm Bolt
42	7	45mm Square Inner Cap
43	10	50mm Square Inner Cap
44	6	Adapter Bushing
45	5	25mm Round Inner Cap
46	28	M10 x 68mm Bolt
47	2	M10 x 60mm Bolt
48	6	M8 Nylon Locknut
49	47	M10 Nylon Locknut
50	4	M10 x 60mm Carriage Bolt
51	2	M8 x 65mm Bolt
52	17	M10 Washer
53	6	M8 Washer
54	6	M10 x 65mm Bolt
55	1	15mm x 8mm Spacer
56	6	M6 x 63mm Bolt
57	5	M10 x 45mm Bolt
58	1	M8 x 70mm Bolt
59	6	M6 Washer
60	2	M8 x 22mm Shoulder Bolt
61	1	M10 x 19mm Bolt
62	1	Stabiliser
63	1	Bench Frame
64	1	Front Leg
65	1	Weight Tube
66	1	Leg Lever
67	1	Right Backrest Frame
68	1	Left Backrest Frame
69	1	Bench Backrest
70	1	Seat
71	3	Pad Tube
72	6	Foam Pad
73	1	Lat Bar
74	1	Bench Pin
75	1	13mm x 10mm Spacer
76	1	25mm Round Angled Cap
77	4	Handgrip
78	1	M10 x 180mm Bolt
79	2	51mm x 76mm Outer Cap
80	6	M6 x 16mm Bolt
81	6	19mm Round Inner Cap
82	6	25mm x 50mm Inner Cap
83	1	Curl Post
84	1	Curl Pad
85	1	Row Bar
#	1	User’s Manual
#	1	Exercise Guide
#	1	Retainer Tool

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEMBE39220

R0802A